

# August Senior Center Gazette 2003



**Join in the August Fun!**  
**LUAU and Birthday Party**  
**Friday, August 8, 12 Noon**  
**Luau Lunch \$5 and \$6**  
**1:30 p.m. Entertainment by**  
**Na Mamo O Ke Anuenue**  
**A Kamakani**  
**Hawaiian & Tahitian Dancing**

Join in the festivities of our August Luau & Birthday Party. A special Luau lunch will be served at 12 Noon. And, even if August is not your birthday month, come to enjoy the music, dancing, and fun at 1:30 p.m. Birthday cake, ice cream, and coffee will be served in the dining room. Prizes will be awarded in a drawing of the names of seniors present, who have birthdays in August. Prizes have been donated by Kathy's Floral Design in the Walnut Plaza, Retirement Inn, Cookies by Design, Rose's Mortuary, and the Builder's Fund, which also provides the entertainment.

**August Speakers**  
**Tuesday, August 12, 1 p.m.**  
**Lee Cutler, Bay Area VitaLink**  
 Join us to hear about Bay Area VitaLink medical response services.

**Tuesday, August 26, 1 p.m.**  
**Legal Assistance for Seniors**  
 Many seniors have legal questions about immigration, medical assistance, wills, trusts, and other issues. **Bethanie Jones, Community Education Director, Legal Assistance for Seniors**, will speak about the services they offer and topics you might want to discuss with their attorneys. One of their attorneys is available for appointments at the Fremont Senior Center on the 4<sup>th</sup> Friday of each month from 1 to 4:00 p.m. Check at the Office for appointment procedures.

## COMMUNITY SERVICES

<b>SENIOR SERVICES.....</b>	<b>574-2050</b>
Coordination of services for homebound seniors	
Companions for Life (Medical Alert Program)	
Local van group trips for shut-ins.....	<b>574-2082</b>
Tri-City Elder Coalition.....	<b>574-2064</b>
<b>LIFE ELDERCARE.....</b>	<b>574-2090</b>
Caregivers Support.....	<b>574-2035</b>
Home Services Registry.....	<b>574-2095</b>
Meals on Wheels.....	<b>574-2092</b>
Friendly Visitor Program.....	<b>574-2097</b>
<b>TRANSPORTATION ASSISTANCE</b>	
AC Transit Information*.....	<b>511</b>
City of Fremont Paratransit Program.....	<b>574-2053</b>
East Bay Paratransit Program.....	<b>1-800-555-8085</b>
<b>HOUSING ASSISTANCE(OFFICE OF NEIGHBORHOODS).....</b>	<b>494-4500</b>
<b>LEGAL ASSISTANCE FOR SENIORS.....</b>	<b>1-800-393-0363</b>
<b>SOCIAL SECURITY.....</b>	<b>1-800-SSA-1213</b>
<b>MEDICARE.....</b>	<b>1-800-952-8627</b>
<b>MEDICARE &amp; INSURANCE COUNSELING(HICAP).....</b>	<b>839-0393</b>
<b>TRI-CITY HEALTH CLINIC.....</b>	<b>713-6685</b>
<b>SENIOR LIBRARY SERVICES.....</b>	<b>745-1499 or 745-1491</b>
<b>SENIOR PEER COUNSELING.....</b>	<b>574-2063</b>
<b>ALZHEIMER ASSOCIATION HOTLINE.....</b>	<b>1-800-660-1993</b>

\*511 is a new toll-free voice activated phone service. Call 511 for information on AC Transit BART, road conditions and trip planning.

**Special Thanks to:**  
**SBC Foundation** for donating \$2,500 to support the lunch meal program. It is generous business and individual contributors like SBC who help make the programs at the Senior Center possible.

**Attention Veterans!**  
 The Veterans shuttle bus that has been picking up vets from the Senior Center will change its pickup/delivery location to the Veterans Building in Niles (37154 Second Street, Fremont) beginning July 2. The shuttle runs to & from Palo Alto and Livermore VA hospitals. Veterans must call for an appointment at (650) 493-5000, extension 62468 or 22253. There is no cost for this service.

During the month of July, the service will continue to pick up veterans from the Fremont Senior Center while transitioning to the new location. The shuttle schedule is at [www.palo-alto.med.va.gov](http://www.palo-alto.med.va.gov)

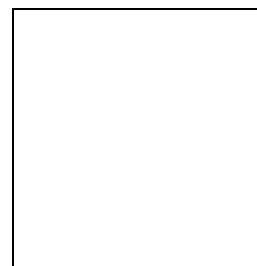
**Senior Center Needs a Piano**  
 The pianos at the Center are tired from much use. If anyone has a piano in good condition to donate, or funds for purchase of a piano, please call Linda Olla at 790-6606.

**Summer Supper Show-6:00 pm**  
**Thursday, August 14**

Join us for  
**Sumptuous Summer Super Shows**, and help raise funds to support the Fremont Senior Center. Suppers by Chef Riley, I Shows, Drawings & Prizes,

**Thursday, August 14**  
**Barbecue & Mystery Night**

Ticket costs are:  
 Individuals - \$15 per person  
 Couples - \$25 per couple



**Washington On Wheels**  
**Healthcare Clinic - WOW Van**  
**August 1 - 9:30 a.m.-3:00 p.m.**  
 Washington Hospital will make their monthly visit on Thursday, August 1, (they come on the first Friday of each month) to provide medical services including: taking blood pressure, other vital signs, mammograms, skin cancer checks, many other useful services without charge.



The City of Fremont does not discriminate on the basis of disability. Reasonable auxiliary aids are provided upon request to persons with disabilities to afford equal opportunity to services, programs, and activities. Inquiries may be forwarded to the Director of the Human Services Department, P.O. Box 5006, Fremont, CA 94537, (510) 574-2051 or (510) 574-2040.